July-September 1998 Volume 24, Number 1

A summary of recent news stories from the University of California San Francisco

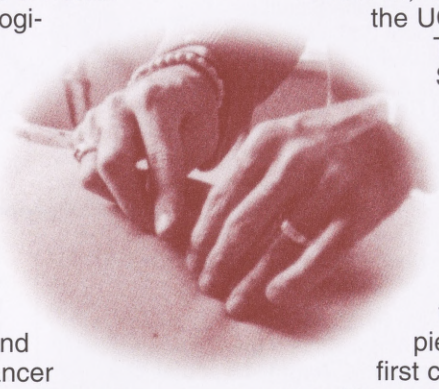
UCSF

To Our Neighbors

UCSF forms center for integrative medicine

The Bernard Osher Foundation has given UCSF a $10 million gift to establish the Osher Center for Integrative Medicine, where teams of researchers will combine non-traditional and traditional approaches to address all aspects of health and healing — biological, psychological, social and spiritual.

Through scientific research, the center will document the value of non-traditional treatments and integrate approaches of proven value into patient care.



The center's current research focuses on areas such as alternative approaches to treating coronary heart disease and integrative therapies for breast cancer that include traditional Chinese herbal medicine, yoga, dance, meditation and art therapy.

The UCSF School of Medicine has committed an additional $1.1 million to the center and UCSF Stanford Health Care has matched that, bringing the center's total gift to $12.2 million.

"It is imperative that high-quality research be applied in this area, and I believe that our program is uniquely positioned to develop model methodologies necessary to conduct that research," says Haile Debas, MD, dean of the UCSF School of Medicine.

To be located at 1701 Divisadero St., across from UCSF/Mount Zion Medical Center, which is part of UCSF Stanford Health Care, the center has been in the planning stages for the past year.

Very few US medical research centers scientifically test and analyze alternative therapies. The Osher center is one of the first committed to doing so to help the public and health care professionals make informed health care decisions.

The center will host its inaugural symposium on Friday, Sept. 25. See the calendar inside for more details.

Mission Bay plans move forward

Plans for the construction of UCSF's Mission Bay campus — to be devoted to basic scientific research — is progressing on schedule with groundbreaking to begin late next year.

About two years after that, faculty and staff are expected to start moving to the 43-acre San Francisco site, now occupied largely by vacant rail yards.

Part of a larger waterfront development project planned by Catellus Development Corporation to create a biotechnology hub with residential and open space on 260 acres surrounding the UCSF campus, UCSF's Mission Bay site will eventually encompass 2.65 million square feet of research laboratories, libraries, classrooms, lecture halls and support space. At least eight acres will be publicly accessible open space, according to master architects Machado & Silvetti Associates, which is working with San Francisco architects Gordon H. Chong & Partners and UCSF planners.

UCSF intends to create innovative research programs by combining scientific disciplines in new ways. The first laboratories at Mission Bay will study how genes shape us, the complexities of the human brain, and the interaction and structure of the cells and the very molecules that determine how our bodies function. Some insights gained through this basic research could result into improved methods of treating disease.

The project, to cost more than $1 billion, will be built over the next 15 years and will be financed by a mix of state funds, campus reserves and new and existing gifts from donors.

UCSF recently formed a partnership with the Bay Area Life Sciences Alliance, a nonprofit public benefit corporation that promotes biotechnology development in San Francisco, to help with planning and developing the Mission Bay campus.

Meanwhile, faculty are developing a revitalization strategy for the Parnassus campus and for San Francisco General Hospital, where UCSF faculty, residents and interns provide patient care, teaching and research in the city-owned facility.

Drug relieves prostate cancer pain

Results of a large-scale clinical trial suggest that a compound called sumarin offers substantial pain reduction and moderate delay in progression of prostate cancer for some patients who have become resistant to standard hormone treatment.

The finding offers a new direction for substantial pain relief for patients with advanced prostate cancer, says Eric Small, MD, associate clinical professor of medicine and urology and co-director of the Urologic Oncology Program at the UCSF Cancer Center.

In the study of 458 patients with an average age of 68, the researchers report that a significantly greater number of patients receiving sumarin, in combination with another prostate tumor agent, hydrocortisone, experienced significant pain reduction, for a longer period of time, than patients receiving only hydrocortisone and a placebo. In addition, patients who did not receive sumarin were 50 percent more likely to undergo further progression of the disease. Sumarin has long been suspected of being an anti-prostate cancer agent, but because it has always been administered in conjunction with hydrocortisone, itself a drug with modest anti-prostate cancer activity, its unique contribution has been unclear.

Mission Center has child care openings

UCSF is enrolling children aged 2-5 for the child care center at its Mission Center Building, located at 1855 Folsom St., San Francisco.

Open to the public, the center emphasizes age-appropriate instruction and features an outdoor play yard. For more information, call 502-7696.



Chris T. Anderson

Drunk fruit flies could shed light on alcoholism

Researchers at UCSF say studies of how fruit flies become drunk may lead to an understanding of why some people are more apt to become alcoholics.



Heberlein

Researchers led by Ulrike Heberlein, PhD, an assistant professor of neurology at UCSF and an investigator in the Ernest Gallo Clinic and Research Center at San Francisco General Hospital, reported that they identified a molecular pathway that is responsible for regulating the flies' meandering, wobbling responses to alcohol. Researchers say there is evidence of a similar pathway in humans.

The next step, she says, "is to identify more genes in fruit flies associated with alcohol behaviors and to see if we can find similarly acting genes in higher organisms, including mice and humans."

The UCSF laboratory, part of UCSF's new Center for the Neurobiology of Addiction, which includes the Gallo Center, is the only institute in the world using fruit flies as a system for studying the genetics of alcoholism.

Fast food is cause for concern

Researchers say the "oxidized" cholesterol, found in fried and processed foods — commonly on the menu of many fast food restaurants — could speed the clogging of arteries and increase the risk of heart disease.

Researchers at the San Francisco Veterans Affairs Medical Center (SFVAMC) and UCSF demonstrated in studies with rabbits that a diet containing oxidized cholesterol may increase the amount of fatty deposits on blood vessel walls.

While it is uncertain whether the results of these animal studies are applicable to humans, the researchers believe their findings are clearly cause for concern.

"With the popularity of fried foods and the wide-spread fast food industry, oxidized fats are common in the Western diet and could contribute to heart disease," says Ilona Staprans, PhD, head of the SFVAMC Lipid Research Laboratory and principal investigator of the study. "Our research leads us to believe that heated cholesterol-containing foods may be considered a risk factor for heart disease."

General Internal Medicine Practice expands

The General Internal Medicine Practices at UCSF is expanding to include a new site at 1701 Divisadero St., on the fifth floor, across the street from the UCSF/Mount Zion Medical Center.

Beginning July 6, four general medicine physicians – David Campa, MD, Christine Ho, MD, Dan Null, MD and Michael Rabow, MD, will be working at the General Internal Medicine Practices of UCSF/Mount Zion, part of UCSF Stanford Health Care. The phone number to call and schedule an appointment at this new site is 353-7300.

The other General Internal Medicine Practices will remain at 400 Parnassus Ave.

More news for you
on the back page

What's happening

To Our Neighbors
July–September 19
A quarterly calenda
events at UC San F

Special Events

CANCER CENTER GROUNDBREAKING

The community is invited to attend the groundbreaking ceremony of the new clinical cancer center at the UCSF/Mount Zion Medical Center at 4 p.m. on Tuesday, July 7.
The event will take place in the empty lot where construction is ongoing.
The new five-story, 88,000-square-foot building will be built at the corner of Sutter and Divisadero streets and will house the clinical cancer programs of UCSF/Mount Zion Medical Center, part of UCSF Stanford Health Care. The new facility will include a state-of-the-art radiation therapy center, a patient-oriented breast care center, mammography and chemotherapy rooms and doctors' offices.

JOIN WALK TO HALT AIDS


Lisa Cisneros
UCSF's team of walkers includes families and friends.

UCSF will again join with hundreds of other corporate and community teams, including UCSF Stanford Health Care, and thousands of concerned citizens in the San Francisco AIDS Walk slated for Sunday, July 19. The annual 10K walk through Golden Gate Park will benefit Bay Area AIDS organizations, including the UCSF AIDS Health Project, which helps people face the emotional, psychological and social challenges of living with HIV disease. Last year, more than $3 million was raised for these and other organizations, which are tackling the AIDS epidemic on three fronts: providing services to people with HIV/AIDS, promoting HIV prevention and early intervention and shaping AIDS policy.
Despite recent advances with combination drug therapies, AIDS Walk organizers say this fund-raiser is still necessary because no one has been cured and HIV continues to spread. For general information about the walk, call 392-WALK or visit the website at (http://www.bonsai.com/aidswalksf/).

INTEGRATIVE MEDICINE INAUGURAL FORUM

The UCSF community is invited to attend the inaugural symposium of the Osher Center for Integrative Medicine on Friday, Sept. 25, from 1:30 to 4 p.m., in Cole Hall, where the concept of integrative medicine will be discussed.
This event also will honor the Osher Foundation and its gift to UCSF to establish a center, where researchers will test non-traditional forms of treatment, such as Chinese herbal medicine, yoga, dance, meditation and art therapy. See the story on front page.

Campus Tours

UCSF Public Service Programs, part of the Public Affairs Department, provides free campus tours beginning at 1 p.m. on the first Friday of each month. Meet in the Medical Sciences lobby, 513 Parnassus Ave. Call 476-4394 for more information and appointments.

Recreation

Millberry Programs & Services. UCSF offers hundreds of classes, clinics and workshops to keep the bodies and minds of both adults and children motivated, stimulated and fascinated. Course topics include swing dance, self-defense, cooking, swimming and yoga.

The Millberry Fitness Center. Open weekdays from 6 a.m.-10 p.m. and weekends from 7:30 a.m. to 8 p.m., the fitness center is open to the public for club membership in addition to faculty, staff and students at UCSF. For more information or to receive a new catalog of program offerings, call 476-1115.

Outdoors Unlimited. A cooperative resource center for outdoor recreation and adventure rents cabins on the south and north shores of Lake Tahoe, plus an array of equipment for camping and recreation. OU offers classes in sea kayaking, whitewater rafting, backpacking, first aid and CPR and organized camping and sailing trips as well as other outdoor activities. For more information, visit the website at www.outdoors.ucsf.edu/ou or call the center at 550 Parnassus Ave., under the campus library at 476-2078.

Volunteer Program

Volunteer Services, part of UCSF Stanford Health Care, acquaints prospective volunteers with opportunities to lend a helping hand at the medical centers at UCSF and UCSF/Mount Zion. For dates, times and locations or orientation schedules for Parnassus, call 476-1196. Call 885-7353 for an orientation schedule at UCSF/Mount Zion.

Blood Drives

UCSF is hosting several blood drives through September. The community can donate blood anytime, however, at the Blood Center, 505 Parnassus Ave., Room L 131. The center's hours are Monday through Friday, 8 a.m. to 7:30 p.m. and on Saturday, 9 a.m. to 4:30 p.m. No appointment is needed. For more information, call 476-6989. Here are the dates, times and locations of the next blood drives.

July 22: Millberry Union, Parnassus campus, 9 a.m. to 5 p.m.

Aug. 12: Mission Center Building, lobby, 10 a.m. to 4 p.m.

Aug. 19: UCSF/Mount Zion, 10 a.m. to 5 p.m.

Sept. 9: Laurel Heights, Chancellor's Conference Room, 10 a.m. to 2 p.m.

Brown Bag Lectures

UCSF Public Service Programs, part of the Public Affairs Department, offers free lectures from 12:10 to 1 p.m. at three campus locations. Lectures are held on Wednesdays on the Parnassus campus in Health Sciences West, Room 300, 500 Parnassus Ave. (P), on Tuesdays at UCSF/Mount Zion Medical Center, Herbst Hall, 2nd floor, 1600 Divisadero St.(MZ), and on Thursdays at the Mission Center Building, Board Room, 6th floor, 1855 Folsom St.(MCB). Here is the schedule through September 1998. Call 476-4394 for more information.

July 1: Tom Lue, MD, professor, urology, chief of urology, UCSF/Mount Zion Medical Center, presents **Viagra: What's all the hoopla about? A discussion about erection physiology, impotence and the potency pill.** (P)

July 8: Stanton A. Glantz, PhD, professor of medicine, Cardiology, UCSF, presents **Tobacco wars.** An update on the current status of California and national tobacco legislation. (P)

July 15: Susan Christy, PhD, consultant/trainer presents **Keeping yourself healthy in a hectic work environment.** Learn strategies for maintaining your perspective, productivity and sanity. (P)

July 16: Richard Avanzino, president, SPCA, presents **The rightful place of pets in society.** A discussion on the changing status of pets in society and what this shift in values means legally, socially and economically. (MCB)



July 21: Christine Yee, personal safety coordinator, UCSF Stanford Health Care, presents **Personal Safety and summertime awareness.** Safety tips for home, work, vacation and travel. (MZ)

July 22: Jay A. Levy, MD, professor of medicine, UCSF, presents **Marvels of the immune system.** How the various components of the immune system work together to defend against infectious agents and cancers. (P)

July 29: Joel M. Palefsky, MD, associate professor, laboratory medicine & stomatology, UCSF, presents **Sex and Cancer.** Learn about the human papilloma viruses, their sexual transmission and current forms of therapies for the diseases they cause. (P)

Aug. 5: Michael W. Weiner, MD, professor of radiology, medicine, psychiatry and neurology, UCSF; director of the Magnetic Resonance Spectroscopy Unit, VAMC, presents **Window to the Brain: Detecting Alzheimer's Disease and epilepsy.** A description of non-invasive detection of Alzheimer's Disease and epilepsy using brain imaging. (P)

Aug. 12: Candy Tsourounis, PharmD, assistant clinical professor, clinical pharmacy, UCSF, and Cathi Dennehy, PharmD, assistant clinical professor, clinical pharmacy, UCSF, present **The truth about herbs and dietary supplements.** (P) Educational tips in the selection of herbal products and dietary supplements.



Aug. 18: Jason Lerner, PT, senior physical therapist UCSF Stanford Health Care, presents **Is your job a pain in the neck?** Learn about the prevention and management of neck and upper extremity overuse. (MZ)

Aug. 19: Paul Turek, MD, assistant professor, urology, UCSF, presents **Everything you want to know about male infertility.** The diagnosis and treatment options available for infertile men. (P)

Aug. 20: John Beeson, CFP, MBA, certified financial planner, presents **Financial Planning in 1998.** A clear outline of what you can do to better manage your personal finances to achieve financial independence.(MCB)

Aug. 26: Jane Stecher, LCSW, and Karen Schanche, LCSW, both clinical social workers, outpatient child and adolescent services, Langley PorterPsychiatric Institute, UCSF, present **Parenting teenagers: Surviving turbulent times.** Tips on how to deal with a teen — it's not all sex, drugs and rock and roll. (P)

Sept. 2: Samuel H. Barondes, MD, Jeanne and Sanford Robertson Professor of Neurobiology and Psychiatry, UCSF, presents **Mood Genes. An explanation of how heredity influences the risk of having mood swings and manic depression.** (P)

Sept. 9: Vera H. Price, MD, professor of clinical dermatology, UCSF, presents **Hair-raising myths and truths.** An explanation about what causes hair loss and what we can do about it. (P)

Sept.15: David M. Claman, MD, director, UCSF Sleep Disorders Center UCSF/Mount Zion Medical Center presents **Sleep in a 24-hour-per-day society.** A discussion on the importance of sleep and the variety of different sleep disorders. (MZ)

Sept. 16: Stephen J. Mathes, MD, head, division of plastic & reconstructive surgery, professor of surgery, UCSF, presents **Love handles do not always disappear with diet and exercise.** A sensible look at what plastic surgery has to offer for restoration of a more youthful, healthy body contour. Current techniques including abdominoplasty, thigh lift and liposuction are updated with emphasis on quality of results and safety.(P)

Sept. 17: Danielle Tillman, coordinator, rape prevention education program, UCSF Women's Resource Center, presents **The importance of your personal safety.** A discussion on general personal safety including what to do if you are physically assaulted and crime prevention techniques you can use in your car or on the street. (MCB)

Sept. 23: Neil A. Fiore, PhD, psychologist & executive coach; author, "The Now Habit: Overcoming Procrastination with Guilt-Free Play" presents **Peak performance on the job: How to work faster and have more fun.** Learn how to get into the peak performance zone and overcome obstacles. (P)

FOR DAILY NEWS GO TO
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www.ucsf.edu/daybreak

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Sept. 30: Diana Taylor, RN, PhD, associate professor, School of Nursing, UCSF, presents **Women's health and illness across the lifespan.** A discussion of the changing patterns of women's health. Tools for health promotion. (P)

Breast Cancer Screenings

Women can have low-cost mammograms — X-rays to screen for breast cancer — from the UCSF mobile van that was designed to make mammography both available and affordable to women with no known breast problems.

Accredited by the American College of Radiology and the Food and Drug Administration, the van travels to Bay Area locations offering mammograms taken by certified female technologists and interpreted by board certified radiologists.

The American Cancer Society recommends that women between the ages of 40 and 49 should have a mammography exam every one to two years. Women aged 50 and over should have a mammogram annually.

To be screened by the UCSF van, women need the approval of their physician, in addition to their doctor's full name, address (including room number & zip code) and phone number to assure that results are mailed promptly. The procedure takes about 20 minutes and costs $75, which is payable at time of service by personal check, Visa or Mastercard. Call 476-2193 between 9 a.m. and 3 p.m. to make an appointment.

Listed below is the schedule for July. Call 476-2193 for a full schedule.

- July 13-15: Embarcadero, on Drumm between Sacramento and Clay streets.
- July 16: Stonestown Shopping Center, adjacent to Nordstrom in the back lot near McDonalds.
- July 17: Lakeside Senior Center, 2501 Ocean Ave.
- July 27: Marina Green, in parking lot across from Safeway.
- July 30: UCSF/Lakeshore, Lakeshore Plaza, 1501-1599 Sloat Blvd.
- July 31: UCSF Parnassus campus, in front of the library.

Art Exhibits

- The Hospitals Auxiliary of the UCSF Medical Center, part of UCSF Stanford Health Care, exhibits works in the first floor lobby and corridors of the Moffitt/Long Hospitals. Artists contribute one-third of the sales for patient amenities. For more information, call 476-4906. Judy Theo Lerner of Sonoma shows her oils, acrylics through July 25. Teri Pelio of Santa Cruz displays her mixed media works through Sept. 21.
- An art show, featuring the works of disabled artists, will be held all day on Thursday, Sept. 24, at Millberry Union Conference Center, 500 Parnassus Ave. This event is sponsored by the UCSF Office of Office of Affirmative Action, Equal Opportunity and Diversity, the Chancellor's Steering Committee on Diversity, the campus' Disability Interest Group, and the National Institute of Art and Disabilities.

UCSF

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His own lab-grown skin has healed an 18-year-old wound.

His career relied on his legs.

Moses Torres, a former mail carrier and a parking garage attendant, was used to walking and sometimes running several miles — all in a good day's work. Even during his years as a radio and television repairman, he hardly stayed off his feet.

But in 1972, he was felled by a rare disease of unknown cause — polyarteritis nodosa — that eventually forced the longtime San Francisco resident to retire at the age of 48. The disease causes serious deterioration of blood vessels, and in Torres' case, the inflammatory condition led to a breakdown of the outer skin on his right leg. In most people, small wounds heal in a matter of days. Torres' wound bore to the inner flesh. In two years, the entire area from his ankle to the middle of his shin and around the calf had turned into a painful and bloody sore. He was immobile, unable to even drive a car. His leg was always tightly wrapped in gauze and bandage. Infection was a constant risk.

It became so bad, that one doctor suggested amputation. "I told him to jump in a lake," says the feisty Torres. "That was never an option."

The next 18 years included some 20 unsuccessful and painful attempts to surgically graft skin taken from other parts of his body — including the chest and thighs — to his damaged leg. "The rest of my body is scarred from those surgeries," says Torres, a Navy gunner who survived 2½ years of World War II with nary a wound. "You should see the looks I get when I go swimming."

In 1990, he was referred to UCSF dermatologist Marketa Limova, who had just become director of a new Wound and Ulcer Clinic. "I actually knew her from when she was a resident at the VA Medical Center," says Torres. Limova was using a technique — then called "cultured skin autografting" — in which cloned pieces of the patient's own skin are applied to the wound. Used mainly for burn victims, the procedure has proven to be a welcome relief for patients with chronic and debilitating skin ulcers caused by vascular disease, skin cancers and other problems. Venous ulcers alone affect one million Americans who have poor blood circulation in their legs.

In the first procedure, Limova removed a small piece of skin — about the size of a postage stamp — from Torres' abdomen. It was sent to a laboratory in Massachusetts, where it was cloned and cultured. Three weeks later, new skin — sheets about four square inches were delivered to the UCSF dermatology clinic. In a quick and painless procedure that lasted less than an hour, Limova — like laying tile — gently covered Torres' sores with 18 pieces of the cellophane-thin sheets of new skin.

Within four months Torres' leg was 95 percent healed, and in 10 months completely mended. "I could see that new skin had grown from the inside out," he says.

Over the next seven years, small ulcers would sometimes recur, but Limova would apply a few new sheets of Torres' cloned skin to those areas. The beauty of the procedure is that because the grafts are the patient's own, there is little possibility of rejection, as there is with lab-grown skin from another donor. Also, if regrafting is necessary, as in Torres' case, more skin can be grown from the original stamp-sized sample. In the last few years, technological advances have helped introduce new types of cultured skin, which are engineered to remove the cells that trigger an immunological response and rejection. These tissue are used at the UCSF Wound and Ulcer Clinic, which is now part of UCSF Stanford Health Care, for patients with the most serious sores. The clinic, one of a few in the country dedicated to treating wounds and ulcers on the limbs, accommodates 100 to 150 patient visits each month.

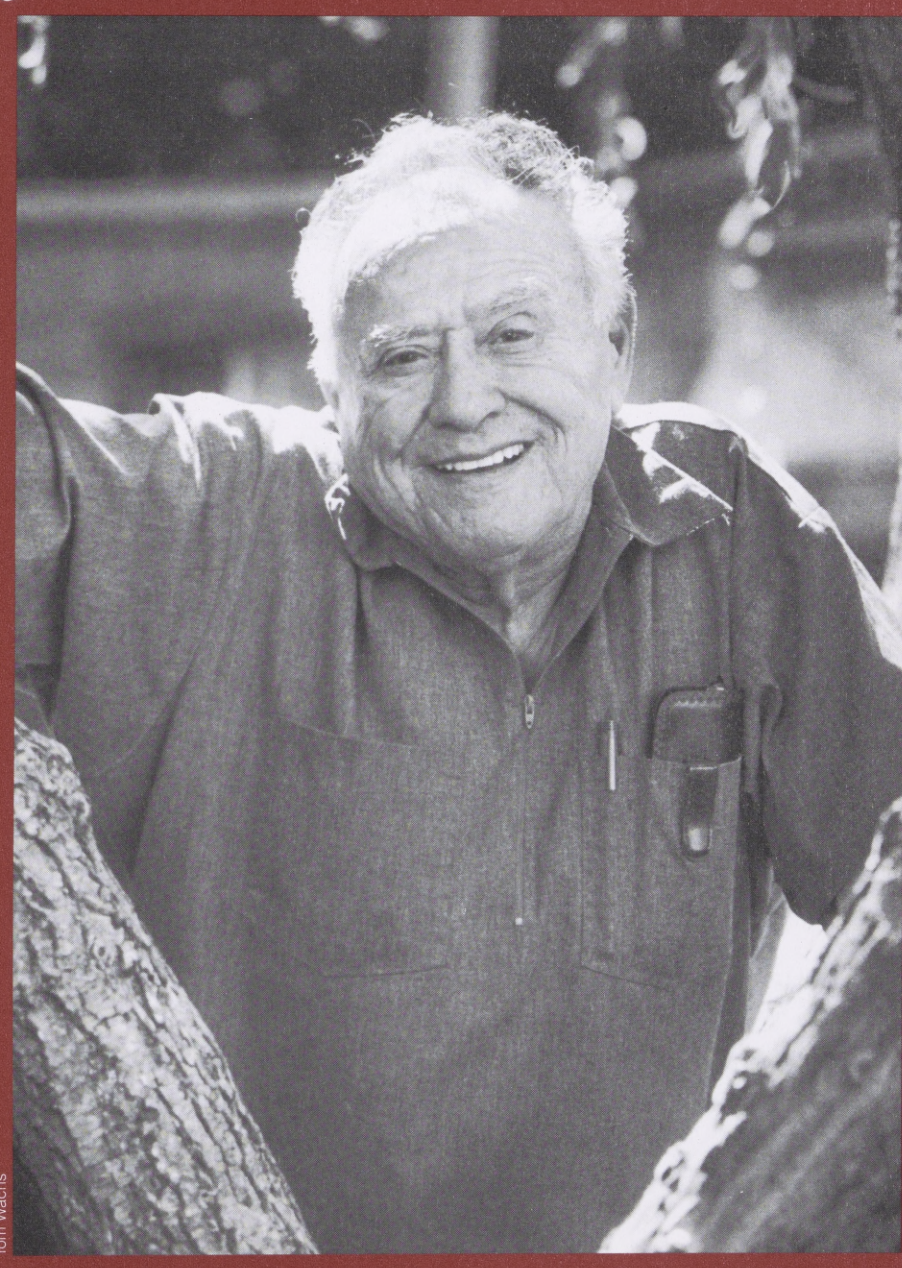
But Torres is no longer a regular visitor to the clinic. For many months, he was there weekly to change a leg dressing — called "Unna's boot" — which helped keep his skin intact. Torres found the boot valuable but annoying.

A year ago, Limova applied one last sheet of skin to a small ulcer, and a checkup in February of this year confirmed that one had healed. He happily booted the boot, and he's now getting used to taking long walks, gardening, and running around with his four grandchildren. He's also able to volunteer and guide tours on the USS Jeremiah O'Brien, an old cargo ship now docked at Pier 32.

"I'm like a baby with a brand new toy," he says. "I have a brand new leg."

— Andy Evangelista

For more information, call the Wound and Ulcer Clinic at 476-2051.



Tom Wachs

July–September 1998

To Our Neighbors

UCSF to test non-traditional treatments at new center

Mission Bay groundbreaking to begin next year

Researchers study genetics of alcoholism

UCSF
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To Our Neighbors

AIDS experts present latest findings at world conference

UCSF AIDS researchers presented their findings recently at the 12th World AIDS Conference in Geneva, Switzerland. Here is a brief synopsis of the findings from three studies.

- In the first large-scale study of HIV treatment among the urban poor, researchers have found that very few of the HIV-infected poor receive drugs to combat HIV. The UCSF team looked at how many of these people who were HIV-infected received therapy, how well they adhered to their regimens, and how the virus responded. Of those who do take anti-retroviral drugs, the researchers found a range of how well the patients adhered to their drug-taking regimens, ranging from 24 to 100 percent of prescribed levels. If subjects missed more than 10 percent of their drugs, the HIV treatment became ineffective.
- Researchers find that people repeatedly exposed to HIV but not infected may have some kind of immune protection that allows their cells to resist invasion by the virus. While this protection factor remains a mystery, researchers think it may be suppression of the virus by the immune system, triggered by prior exposures.

  "We're guessing that a low-dose exposure to HIV induces a form of cellular immunity in some people," says Sharon Stranford, PhD, postdoctoral researcher. "Repeated exposures may provide a boost to the immune system without infecting the cells, like a natural vaccine."

  If this type of response could occur early, before systemic infection, she speculated that this might be the process of protection in the high-risk, uninfected people.
- HIV counseling and testing programs are very effective and relatively inexpensive ways for developing countries to curb sexual risk behaviors that can lead to HIV infection, researchers say.

  "We designed a study to definitively answer whether it is cost effective to invest in these services in the developing world, and the simple answer is 'yes,'" says Thomas J. Coates, PhD, director of the UCSF AIDS Research Institute. He adds, however, that most individuals in developing nations do not have access to counseling and testing programs because limited funds cannot support them. "But this study shows that such services should be routine and available everywhere."

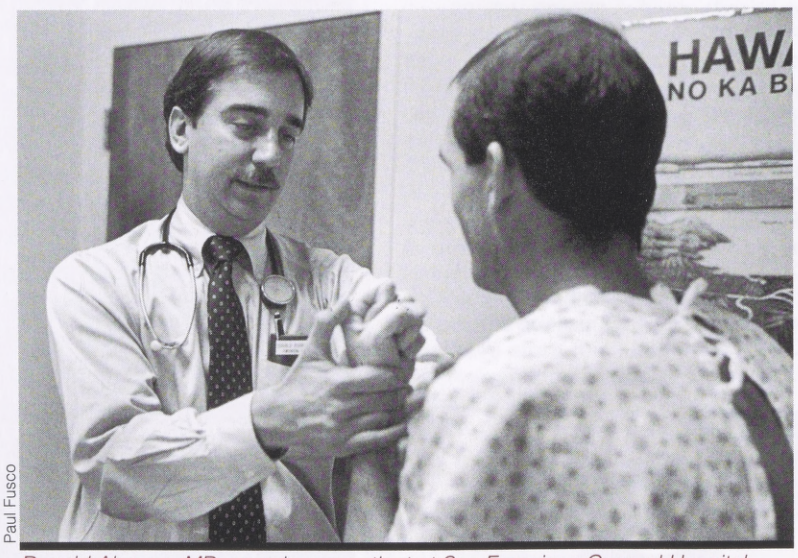
Specialists test marijuana to treat HIV

A group of physician-scientists in San Francisco have begun a clinical trial on the effects of marijuana in patients with HIV infection.

Supported by a $1 million grant from the National Institutes of Health, the two-year study is a combined project of UCSF and the Community Consortium, a Bay Area association of 200 health care providers who care for the majority of HIV/AIDS patients in the region.

The trial will examine the influence of marijuana on the immune system and on the amount of virus in the body, as well as on its potential interactions with antiviral drugs such as protease inhibitors.

"With this study, Bay Area AIDS specialists continue to be at the pioneering edge of clinical research in HIV," says Donald I. Abrams, MD, who is principal investigator of the study. "The findings will help us provide better treatment to patients and to plan future clinical research protocols."



Paul Fusco

Donald Abrams, MD, examines a patient at San Francisco General Hospital